

PUBLISHED EXCLUSIVELY FOR CLIENTS OF **J&S Steamway**

*"Tis better to have loved and lost
than never to have loved at all."*

ALFRED LORD TENNYSON



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February is LIBRARY LOVERS MONTH



Mold... What's the Big Deal?

"Black Mold Forces Family to Move"...
"The Hidden Dangers of Toxic Mold"...
"Is Your House Making You Sick?"

Headlines like these are used to shine a spotlight on the health risks associated with mold. Naturally, the more extreme stories get the most interest. But is mold really as bad as they say? Where does it come from? How can you prevent it?

In 2004, the Institute of Medicine found sufficient evidence to link indoor exposure to mold with upper respiratory tract symptoms including coughing, sneezing and wheezing in otherwise healthy individuals. People with asthma and allergies often see a marked increase in the incidence and severity of their symptoms. Those with compromised or underdeveloped immune systems can suffer from serious infections caused by mold.

Mold needs 3 things to grow: The right environment, a food source, and moisture.

High humidity is one contributing factor. A relative humidity (RH) range between 30% and 50% is recommended for human health and comfort. Once the RH rises above 60%, mold growth is encouraged. If RH remains high for

extended periods of days, weeks or longer, some mold species can thrive on surfaces that are not even wet. Controlling humidity and ventilation in your bathroom, laundry area, basement or crawl space is the best way to prevent mold in these areas.

Indoor mold flourishes from 65°F to 85°F. Mold grows more easily where air is still or stagnant. That's why it is usually found behind cabinets, inside walls or in poorly ventilated, damp crawl spaces and basements.

Non-living organic matter like wood, paper, dust and lint, leather, many fabrics and even wool rugs can become a food source for mold. This can cause destructive damage to these materials as the mold uses enzymes to break down organic matter into simpler compounds it can digest.

But *moisture* is the primary catalyst for mold growth. Mold cannot grow unless humidity is extremely high or there is a supply of water available. Excessive moisture from flooding, broken pipes, condensation, roof leaks or foundation leaks is what causes the majority of indoor mold problems.



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Maple Salmon

Ingredients:

- 1/4 cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

Directions:

1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400 degrees F [200 degrees C].
4. Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

Footnotes:

The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc., the actual amount of the marinade consumed will vary.

Tip

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

recipe courtesy allrecipes.com

► *Continued from cover*

Since we generally cannot remove the potential food sources or dramatically change the temperature or the amount of airflow in the places mold likes to hide, your most effective prevention is moisture control. A small plumbing leak, roof damage or foundation crack can provide all the moisture needed for mold growth. Don't delay making necessary repairs.

How do you know if you have mold? Mold usually gives off an unpleasant musty odor produced by decomposing organic matter. Of course, another sign is if you see something that looks like mold. Mold can be just about any color; don't just look for black or green

discolorations. Check any areas where there is excessive moisture or humidity.

Remember any mold growing indoors should be carefully and completely removed. Caution must be exercised to avoid spreading the contamination to other areas. Of course the humidity or moisture situation that caused the mold should be corrected as soon as possible. Otherwise the mold will return.

If you have questions or think you have a moisture or mold problem in your home, call J&S Steamway as soon as possible. We will help identify and correct the problem and avoid further property damage or health concerns.



App of the Month: Pocket

Do you browse the Internet on your phone, only to find that you encounter more interesting articles than you can read in one sitting? Get Pocket, an app for both iOS and Android, and you'll never miss reading another article again. With

Pocket you can send articles to any device and read it later. You can compile a reading list that can be accessed on your phone, tablet, or computer. Pocket is easy to use and is free.

MicroSeal Of Anchorage

Your home's carpeting, rugs, furniture and textiles are important investments that say a lot about you and your lifestyle. You want to protect them. And you want them looking as perfect as the day you brought them into your home.

J&S Steamway is a full-service textile cleaning and sealing company exclusively licensed in our area to apply MicroSeal - a non-toxic and non-allergenic fabric protection formula for permanent stain and sun fading protection.

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J&S Steamway protects your investments with a non toxic, non allergenic fabric protection formula



for permanent stain and sun fade protection.

Still have questions? Give us a call at 907.349.0911 or visit us online at jandssteamway.com to schedule a job or consultation. We'll get back to you just as soon as we can.

Thank you for considering J&S Steamway to protect all of those things important in your home.

Prevent Cancer with a Better Lifestyle, Not Better Luck

A new study published in the journal, *Nature*, suggests that up to 90 percent of cancer cases are linked to lifestyle choices that are usually avoidable. This study refutes a previous assertion that many cases of cancer are simply due to “bad luck,” those circumstances that are out of our control.

What are those lifestyle choices that can result in a higher risk for developing cancer? They include a poor diet, lack of exercise, stress and pollution. You should also avoid smoking and excessive ultraviolet radiation to help lower your risk. Researchers are interested in these findings to help doctors find more effective preventative treatments for their patients. If a patient believes that improving their lifestyle choices



will have little effect on their health because it is mostly up to luck, they will have little incentive to work on those choices. But if doctors can show that cancer is due to many factors within their control, there is a better chance that improvements will be made.



Internet Tidbit: Project Alexandria

Avid book lovers sometimes wonder which book to read next. Project Alexandria, found at projectalexandria.net, helps readers find a book that will be interesting to them.

Their team has analyzed over one million books, looking at their genre, descriptions and complexity. They then connect books that share similar styles and subjects. You'll get a host of suggestions for that next book to read just by entering one book title.

Protect Your Home from Burglaries

Most home break-ins are not through a busted down door or broken window. The most common way for a burglar to enter your home is through an unlocked door or window. Your best protection from home theft is to simply deter burglars from entering your home. These tips will help keep you and your family safe:

- Lock all doors and windows, including your garage door. You should get in the habit of locking everything whenever you leave your home and when you retire for the night.
- All doors leading to the outside should have a dead-bolt lock.
- Install peepholes in your doors leading to the outside.



- Keep trees and bushes around your doors and windows trimmed.
- Make sure you have good lighting on the outside of your home. Replace burned out bulbs promptly.
- Get to know your neighbors. Start a neighborhood watch group to increase security in your neighborhood.

Client Testimonials

“Thank you very much! Aric did an excellent job. The person on the phone who scheduled my appointment was also very polite and knowledgeable. I am very happy with the results and the professionalism.”

– **Sam W of Anchorage**

“Scott, I want to thank you for the great job you've done for me. The quality is so much better than the less expensive carpet cleaners I have used. Thank you!”

– **Jack White, Realtor**

“Everything was amazing with the service, the technician was on time, polite and very informative on the process. Very impressed.”

– **Corbin S of Anchorage**



Quick Tips

Home Tip

If you are putting your house up for sale, you may be looking for ways to update it to get a better selling price. But surprisingly, the number one thing you can do to increase the value of your home is simply clean it. Prospective buyers notice a dingy house and can be turned off by that. Decluttering and cleaning makes your home feel clean and welcoming, which can help sell it quickly and for the best price possible.



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Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

The best way to control indoor mold is:

- a. control moisture
- b. remove organic materials
- c. provide sufficient airflow
- d. apply fungicidal treatments

Email your answer to admin@jandssteamway.com or call our office at (907) 349-0911. We will draw from the correct answers and someone will win a \$50 VISA gift card.

Contest Expires 2/29/2016.



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